

**Sports Medicine Association Singapore Annual Symposium 2021**  
**“Emerging Frontiers – Performing Arts & Esports Medicine”**  
**25 September 2021 (Saturday)**  
**List of Speakers**

| <b>Topic</b>  | <b>Speaker</b>                                     | <b>Organisation</b>  |
|---|--|--|
| <b>Morning Session: Performing Arts Medicine (9am – 12.30pm)</b>  |  |  |
| Introduction to the Performing Arts Medicine Special Interest Group                                     | Dr Mandy Zhang                                     | Associate Consultant<br>Sport & Exercise Medicine<br>Singapore Sport & Exercise<br>Medicine Centre |
| Are Performing Artists, Athletes?   | Adj Asst Prof Leonard Lim<br>(With Dr Mandy Zhang) | Consultant<br>Sport & Exercise Medicine<br>Singapore Sport & Exercise<br>Medicine Centre           |
| Dancers as Artistic Athletes  | Adj Asst Prof Jason Chia                           | Senior Consultant & Head<br>Sports Medicine & Surgery Clinic<br>Tan Tock Seng Hospital             |
| Protecting Keyboard Warriors at the Piano, Computer Keypads & Gaming Controllers                        | Mr Frank DeMeglio                                  | Lecturer, Classical Music<br>School of Contemporary Music<br>LASALLE College of the Arts           |
| Voice Damage in the Voice Artist  | Clin Assoc Prof Peter Lu                           | Senior Consultant<br>Otorhinolaryngology – Head &<br>Neck Surgery<br>Changi General Hospital       |
| What Nerve!   | Ms Lena Ching                                      | Vice Dean<br>School of Music<br>Nanyang Academy of Fine Arts                                       |
| <b>Afternoon Session: Esports Medicine (1.30 – 5pm)</b>   |  |  |
| Enter Esports Medicine – Managing the Health of the Esports Athlete                                     | Dr Joshua Li                                       | Registrar<br>Sport & Exercise Medicine<br>Changi General Hospital                                  |
| Reducing Digital Eye Strain – Computer Vision Syndrome and its Prevention                               | Dr Desmond Quek                                    | Senior Consultant Eye Surgeon<br>Director of Glaucoma Services<br>Eagle Eye Centre Singapore       |
| Gaming Posture and Ergonomics for Esports   | Ms Lee Pei Xuan                                    | Senior Physiotherapist<br>Heartland Rehab  |
| How to Win an Esports SEA Games Medal!  | Mr Thomas “Blysk”<br>Kopankiewicz                  | Esports Athlete<br>2019 SEA Games<br>Silver Medalist (StarCraft II)                                |
| Mind Games – Maintaining Mental Wellness in the Pursuit of Gaming Excellence                            | Dr Aaron Meng                                      | Consultant<br>Psychiatrist<br>Ng Teng Feng General Hospital  |
| Optimising the Esport Athlete with Nutrition & Sleep – Thinking Outside the Box (And Inside the Fridge) | Dr Richard Swinbourne                              | Sport Nutrition Team Lead &<br>Sleep Scientist<br>Singapore Sport Institute                        |